



## Sports News January - March 2021

We all know how essential it is to encourage young people to be active at this crucial time. As you are aware, our school was open, throughout the last national lockdown in January 2021, supporting our pupils and parents with either Home Learning or learning in school for Key Worker and Vulnerable children.

Our aim was to encourage children and their families to engage in some physical activity to keep up those 60 active minutes. During this term, and in collaboration with the North Tyneside PE Team, St. Thomas More Academy, and YST, we offered to all our pupils, in school and at home via the Home Learning app Seesaw, the following activities:

- **Cycling and Walking:** We encouraged our pupils, in school and at home, to use their bikes or scooters. Walking is strongly supported too, with all our pupils and their families
- **"Active Breaks":** We provided each pod with a variety of equipment to keep the pupils, in school, active during breaks and lunchtimes
- **"Active Daily Teams":** Encourage pupils at home to keep active via daily teams drop in time
- **NT PE & Sport Team Active Pack.** A timetable with a variety of activities and challenges to encourage physical activity at home. We encouraged children, who could not come in school, to complete them across the weeks and share their achievements on the Home Learning app with us
- **Children's Mental Health:** Week 1<sup>st</sup> - 7<sup>th</sup> February, the whole school took part in this year's mental health week. All resources were adapted for use in school and for home learning
- **"Primary Stars" Programme:** Since Monday 8<sup>th</sup> March, coaches from NUF are in school, every Thursday and Friday, supporting members of staff during curricular PE, delivering CPD courses and PSHE lessons. The coaches work across the school and all members of staff are present during the sessions
- **Seesaw:** Specific activities were uploaded daily on year group specific home learning pages during lockdown
- **KS2 Primary Challenge:** In collaboration with St. Thomas More Academy PE department, pupils in KS2 are taking part to a variety of active challenges. This is part of a virtual competition among the family cluster schools

- **Primary PE Networks:** Mrs Iliadou has, virtually, attended numerous sessions organised by the NT PE team. The sessions were planned to support school staff with the management and guidance around the delivery of PE as well as advice around the present situation, in relation to all aspects of the subject. These sessions were an opportunity to share ideas, among colleagues from other schools, as well as raise questions and concerns

In school, we are supporting active learning during all lessons. Also, we provide targeted activities to involve and encourage the least active children.

Once again, a massive thank you to the North Tyneside PE team for all their help and support during the current situation.

By Mrs Iliadou  
Teacher - PE Lead